

BACK TO BASICS
STEAK AND POTATOES,
FOR THOSE WHO LOVE
GARLIC {page 17}



ROYAL EXPOSURE CANADIAN DESIGNER GETS A SECOND NOD

{page 13}



CALGARY

metro

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Monday, July 4, 2011
www.metronews.ca



News worth
sharing.



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Windstorm lashes Calgary

► More than 4,500 homes in Calgary were without power at one point yesterday ► Fire department responded to 50 calls in about an hour ► Damage reported to houses, vehicles as winds near 100 km/h



JEREMY NOLAIS
@METRONEWS.CA

Summertime activities were abruptly disrupted yesterday afternoon as a freak windstorm rushed

through Calgary, causing damage and numerous power outages.

Environment Canada issued a thunderstorm watch for the city just before 2 p.m. yesterday but gusting winds had led to a few tense

moments for residents like Litsa Condon.

She was with her family at the South Calgary outdoor pool around 1 p.m. when winds began violently swaying overhead trees.

"We were just debating about whether to leave when we heard a big crack sound," she said.

Condon went out to investigate and found a nearby tree had snapped clean off and crushed two

cars beneath it. "It was really dangerous," she said. "It was really an accident waiting to happen."

Environment Canada reported wind gusts in the area of up to 100 km/h.



► No one was inside this car when winds sent a tree crashing down onto its hood yesterday near South Calgary outdoor pool.

Fire

Blaze in Cougar Ridge

► Arson unit investigating after early-morning fire {page 3}

Aiming to break record

Cyclist travels over 570 km in first 24 hours of ambitious trek {page 4}



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P5022A	2011	Chevrolet	Impala	Blue	\$21,995	\$17,995
P5015A	2009	Cadillac	SRX	Silver	\$29,995	\$25,995
P5017A	2010	Chrysler	Sebring	Silver	\$16,995	\$13,995
C110089A	2010	Kia	Borrego	Orange	\$32,995	\$29,995
RR10093A	2010	GMC	Yukon	Grey	\$42,995	\$39,995
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C110704A	2009	Volkswagen	Rabbit	Silver	\$19,995	\$16,995
P110637A	2009	Cadillac	SRX	Silver	\$29,995	\$25,995
C100886D	2008	Jeep	Wrangler	Silver	\$21,995	\$17,995
C110402A	2010	Mazda	Tribute	Silver	\$28,995	\$26,995
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C110278A	2010	GMC	Sierra 1500 4x4	White	\$29,995	\$27,995
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P5033A	2010	GMC	Yukon	White	\$38,995	\$35,995
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RR10035A	2010	Chevrolet	Silverado 2500 4x4	White	\$43,995	\$38,995
RR10049A	2010	GMC	Sierra 2500 4x4	White	\$43,995	\$39,995
RR10063A	2010	GMC	Sierra 2500 4x4	Grey	\$36,995	\$32,995
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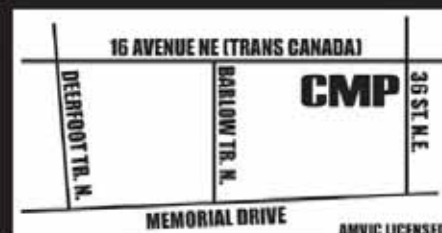


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MONDAY - THURSDAY 8AM-9PM FRIDAY 8AM-6PM SATURDAY 9AM-6PM

City hall jargon baffles residents

Living below the LICO is likely no picnic.

If you have big plans for the future of a Calgary community don't forget to draft an ARP.

And to beat the heat you could always take the kids to a local flat-water pool.

Confused? You're not the only one.

Yet all terms are part of the vernacular used daily at city hall — something one alderman is taking issue with.

Ald. Druh Farrell plans to introduce a motion today calling for city administrators to rethink their language when communicating with everyday citizens.

"One of our key responsibilities is to communicate with Calgarians," she said. "If we choose to use terms that are indecipherable to the average person, then I believe we have failed at the start."

If approved, Farrell's motion would likely aid the 20 Calgarians approached by Metro yesterday with a jumble of city acronyms. Few were able to correctly identify more than one term, and most were greeted with frustration.

"Coming up with these acronyms is a waste of time," said John Monaco, 43.

Karin Hunter, 36, shared similar criticism.

"They need to put things in layman's terms," she said.

● JEREMY NOLAIS AND TODD VAUGHAN



▶ A woman who did not wish to be identified combs through the damage of a fire in Cougar Ridge yesterday.

Suspected arson in Cougar Ridge blaze

- ◆ Neighbours recall recent spat with landlord in one affected residence
- ◆ Two garages gutted, nearby homes also damaged ◆ No one injured



JEREMY NOLAIS
@METRONEWS.CA

Residents of Cougar Ridge are speculating a fire that broke out early yesterday may have been deliberately set.

Brendon Harrison awoke to crackling and popping sounds at about 2:30 a.m. He looked out to see the garage of his home in the 200 block of Cougar

town Circle fully engulfed in flames.

"I called 911 right away," he said. "It's very concerning, very scary."

Numerous other residents gathered to survey the damage. Multiple people told Metro that investigators had indicated some form of fire accelerant was found on the property beside Harrison's. A threatening message seemingly aimed at a landlord or tenant

was also written on a window.

Nearby resident James Singleton said he heard a vulgar argument last month between the landlord and tenant. "There was a lot of cussing and swearing," he said. "Apparently, they didn't get their damage deposit back."

Calgary fire battalion chief Al Magwood confirmed the arson unit was on scene.

Damage done

- 1 Total damage estimate is about \$100,000, said fire battalion Chief Al Magwood.
- 2 Police said more information would likely be released today about the cause of the fire.
- 3 The landlord was not available for comment.

1

news


The death of a puppy that had been locked in a car may lead to charges. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at
metronews.ca

In the wake of the Kabul hotel attack, Defence Minister Peter MacKay says Canadian soldiers in the city are safe. Video at metronews.ca

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04

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MONDAY, JULY 4, 2011

CONTRIBUTED

► Winnipegger Arvid Loewen passed through Calgary yesterday on pace to set the record for fastest bike ride across Canada.

Cyclist on pace to break record

- Determined, he breezed through Calgary yesterday
- Ride aims to support orphans in Kenya

TODD VAUGHAN
CALGARY@METRONEWS.CA

80

Arvid Loewen slept just 80 minutes in his first 24 hours of a trek across Canada. He passed through Calgary on his way east yesterday.

Thirteen days, nine hours, and six minutes minus one second.

That's the mark Arvid Loewen has to beat to make the Guinness Book of World Records for his cross-Canada bike ride that started in Vancouver on July 1.

"To be in the Guinness Book of World Records would be great, but it's really about helping aban-

doned and bruised children living in the streets," said Loewen, while continuing to maintain his pace across the Prairies yesterday.

So far, Loewen has been able to make his trek in record time, travelling more than 570 kilometres in his first 24 hours.

One of the biggest keys is maintaining energy, which is handled by him and his support crew who are travelling with him in an RV.

"I felt a little sluggish right when we were driving into Calgary but then I remembered why I'm doing this. It's all about the kids," Loewen said.

TRANSIT TRAGEDY

C-Train accident claims life

An individual was killed after being struck by a C-Train in the northeast early yesterday morning.

The incident occurred near 36th Street and Rundlehorn Drive around 6:10 a.m., causing traffic in the

area to be halted temporarily.

Police Insp. John Szczupack said there was no indication that alcohol was a factor.

He added the train saw the individual on the tracks but simply couldn't stop in time.

"He (the driver) was pretty shaken up, but there were no other reports of injuries," Szczupack added.

The individual had not been identified yesterday.

● METRO

New online hub lists summer fun

FestivalSeekers.com brings summer adventures in Alberta to your fingertips by combining coupons, weather forecasts and travel tips.

"It will really help you unlock maybe some of those destinations or ... opportunities that you didn't know (about)," said Jim Barr, president of Seekers Media. ● KATRINE SORESENSEN

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Landside victory in Thai election

► Photogenic Yingluck Shinawatra has long been seen as front-runner
► Set to be country's first female PM

The sister of exiled former Prime Minister Thaksin Shinawatra led Thailand's main opposition party to a landslide victory in elections yesterday, heralding an extraordinary political turnaround five tumultuous years after her fugitive billionaire brother was toppled in an army coup.

The vote paves the way for 44-year-old Yingluck Shinawatra, who has never held office, to become this Southeast Asian kingdom's first female prime minister.

A large mandate to govern could help the new government navigate a way out of the crisis that has plagued Thailand since Thaksin's 2006 overthrow. But the question remains whether the nation's elite power brokers, including

the monarchy and the army, would accept the result.

Thaksin was barred from politics in 2007 and convicted on graft charges the next year. The U.S.-educated Yingluck, who he has called "my clone," is widely considered his proxy.

The incumbent premier, Abhisit Vejjajiva, conceded defeat last night and said he was ready to become the opposition.

With 98 per cent of the vote counted, preliminary results from the Election Commission indicated Yingluck's Pheu Thai party had a strong lead with 264 of 500 parliament seats, well over the majority needed to form a government. Abhisit's Democrats won 160 seats.

THE ASSOCIATED PRESS



► Yingluck Shinawatra, the Pheu Thai Party's candidate for prime minister and youngest sister of ousted Prime Minister Thaksin Shinawatra, gestures as she attends a press conference at the party headquarters in Bangkok, Thailand, yesterday.

Activists plan to go on with Gaza flotilla despite Greek ban

Organizers of a Gaza-bound flotilla said yesterday they have not abandoned their plans to breach Israel's sea blockade of the territory despite a Greek government ban on their vessels leaving the country's ports.

The campaign experienced a major setback when Greece announced its restrictions Friday, and authorities arrested the

captain of a boat carrying American activists that tried to leave Greece without permission.

However, co-ordinators of the flotilla were trying to maintain momentum with small protests in Athens in the face of increasing calls for them to scrap their campaign. On Saturday, the Middle East Quartet of Mideast mediators — the U.S., UN, EU



► Supporters of the Gaza flotilla gather outside the Ministry of Public Order in Athens yesterday.

and Russia — urged governments to discourage Gaza-bound flotillas that could escalate tension in the region.

Several protesters from the American vessel briefly protested outside the U.S. Embassy before leaving.

They had originally planned to stay there overnight. They want Washington to pressure

Greece to release their American captain, John Klusmire, and allow them to depart for the Gaza Strip.

The U.S. Embassy provided standard consular services to the American citizens in the flotilla "before and after" the interception of their vessel, spokesman Stuart Smith said.

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Royals arrive in P.E.I. at busy day's end

► Royal couple to take part in dragonboat race against Premier Robert Ghiz today

Prince William and Kate arrived on Prince Edward Island yesterday, after spending much of their day in Quebec.

A few hundred people gathered at the airport in Charlottetown to welcome the royal couple.

Sarah Simpson, 18, said she was very excited to be part of the welcoming party.

Her seven-member piping band, The College of Piping and Celtic Arts of Canada, played as the couple stepped off the plane.

"I've been a huge fan of the monarchy since I was really little," Simpson said moments before the plane touched down. "This is like a dream come true playing for William and Kate."

The Duke and Duchess of Cambridge wrapped up day four of their royal tour with an informal reception at a famous Charlottetown restaurant.

It's a casual end to a hectic day that saw the royal couple make several stops in Quebec City

where William addressed Quebecers in French at one point, hailing their "vitality and vigour."

The pair was also exposed to protests from sovereignty activists who don't support the monarchy, but the demonstrators weren't able to disrupt the royal itinerary.

William and Kate explore parts of P.E.I. today with stops in Dalvay-by-the-Sea and Summerside where they'll take part in a number of hands-on activities. **THE CANADIAN PRESS**

EUROPEAN OUTBREAK

New strain of E. coli claims life

A 78-year-old French woman died early Saturday morning from complications of an E. coli infection but a doctor said she was not suffering from the strain that has infected many other people in France and Germany.

The source of the French woman's E. coli contamination was not

identified. Seven other patients remain in stable condition at the same French hospital, six of whom have been confirmed to have the same strain of E. coli as in the outbreak that originated in Germany.

European health experts said Thursday that contaminated Egyptian fenugreek seeds were likely the source of that deadly outbreak.

German authorities on Friday reported another death in the European E. coli outbreak — bringing the total to 50. **THE ASSOCIATED PRESS**

A gluttony competition of their own

This year's Fourth of July race to stuff your face with hotdogs has a new women-only pigout.

Diminutive Sonya Thomas, known as The Black Widow of competitive eating, and eight other women will compete today on Coney Island just before the men's stomach-churning hot dog feast at Nathan's Famous fast-food restaurant. **THE ASSOCIATED PRESS**

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Oil spill fouls Montana river

► Environmental impact uncertain for Yellowstone River ► Oil firm trying to 'corral this monster'

An ExxonMobil pipeline that runs under the Yellowstone River in Montana ruptured Saturday, leaking hundreds of barrels of oil into the waterway. The spill caused a 40 km plume that fouled the riverbank and forced municipalities downstream to close water intakes.

Hundreds of residents were temporarily evacuated due to the overpowering fumes and concerns about possible explosions, while cleanup crews deployed booms and absorbent material as the plume moved downstream. It was unclear how far it might travel.

ExxonMobil spokeswoman Pam Malek said the pipe leaked 750 to 1,000 barrels of oil for about a

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► Crude oil swirls in a flooded gravel pit in Lockwood, Mont., after a pipeline break on Saturday. The ExxonMobil pipeline that runs under the Yellowstone River near Billings, south-central Montana, ruptured and dumped oil into the waterway.

half-hour before it was shut down.

"The timing couldn't be worse," said Steve Knecht, chief of operations for Montana Disaster and Emer-

gency Services. "With the Yellowstone running at flood stage and all the debris, it makes it dang tough to get out there to do anything."

Duane Winslow, Yellowstone County director of disaster and emergency services, said the plume was dissipating as it moved downstream.

"We're just kind of waiting for it to move on down while Exxon is trying to figure out how to corral this monster."

In a statement, Exxon-

Mobil said it was sending a team to help with cleanup. The ExxonMobil Pipeline Company "deeply regrets this release," it said.

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Nissan turns over a new leaf

Nissan's Oppama plant in Yokosuka, northern Japan, was busily rolling out the Leaf electric car and other models on the weekend, having shifted production schedules for an aggressive nationwide effort to fight the power crunch created by the tsunami-crippled Fukushima Dai-ichi nuclear plant.

"Setsuden," or "save electricity," is Japan's biggest buzzword. Starting Saturday, Nissan Motor Co. and other Japanese automakers are working weekends and taking Thursday and Friday off, to spread out electricity consumption during peak power-need periods.

Nissan has also beefed up its smart meter control

room, which had been set up under normal times to monitor electricity consumption at its auto plants. Now, the large-screen monitors and computers more closely watch electricity consumption and predict what the usage will be 30 minutes ahead, so that assembly lines or air conditioning can be shut down.

Setsuden is evident throughout Japan, with trains running on reduced schedules, escalators and elevators shut down and neon signs turned off. Even the usually suit-clad "salarymen" have begun to wear T-shirts and go tieless in "Super Cool Biz" attire to survive thermostats at 28 C.

THE ASSOCIATED PRESS

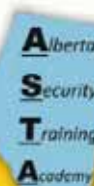
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A TIP OF THE HAT TO REAL COWBOYS

HIGH PLAINS DRIFTER

JAMES CALLSEN
METRO CALGARY



Jann Arden

A few weeks ago, local hip-hop artist Jann Arden became the toast of the town for dually saluting Calgary's music scene and kicking the ribs of the much-maligned cowboy image that hangs over our city.

When I first moved to Calgary, I expected to see people in Wranglers, boots and hats all year 'round. Saddlery and tack stores in every neighbourhood, just like I've seen in any other place that touts itself as a "cow town." However, despite our city's reputation for western hospitality, tradition, charm and the 10-day

"Because we are not all cowboys when I point the mic out you, you make loud noise. And just scream, this is how we're changing the scene" — Transit's Calgary featuring

salute to all things western, I have never, ever met a real cowboy who calls Calgary home.

Any young 20-something hipster will gladly tell you that the steel and concrete towers that dominate the skyline and the unstoppable urban sprawl stretching in all directions are filled to the brim with cowboys. And they would say cowboy as if it were a bad thing.

To me, the cowboy is an image of rugged individualism. It's about being in tune with the seasons, with livestock, your neighbours and your community. It's about doing whatever it takes to get the job done, regardless of rules or protocols. Cow-

boys take care of business,

walk the line and help others. What's so bad about that?

Somewhere along the way, the image and idea of the Calgary cowboy has been skewed. Instead of taking 10 days to celebrate our western heritage, show appreciation to all things agricultural and partake in some of the fine wares our city has to offer, it's turned into a strange, awkward carnival-type affair. Pointy leather shoes have replaced Tony Lamas. Smithbilt's gave way to battered looking tie-dye straw affairs that are meant to be worn while taking in some forgone classic-rock band while guzzling lukewarm Bud Light in a tent pitched in a parking lot, as opposed to keeping the sun off your neck at the rodeo.

I can understand a dislike of the perverted western culture that so many people in Calgary refer to as "cowboy," but to cut down cowboys, western culture, the very things our town was founded on? Well, in the words of Merle Haggard, "You're walkin' on the fightin' side of me."

.....
James Callsen is the news voice on one of Calgary's top rock stations, x92.9. Follow him on Twitter @newsboycallsen

Giving the clothes off their back for students

NEWS WORTH SHARING

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here is just one.

The corsages, the limos ... the forest fires?

When Cochrane High heard that its peers in Slave Lake had lost their dresses and tuxes in the recent devastating forest fire, the Cochrane school decided to do something about it.

Cochrane's Emily Godbout had just graduated when she saw the story on the news.

"Watching their outfits go up in flames, our hearts went out to them."

Godbout found that many of her classmates were willing to donate or lend gowns "to make their grad as wonderful as ours was."

A brigade of parents and students will deliver a "trailer full of finery" to Slave Lake for Aug. 6.

And you can help by do-

nating male or female formal wear, makeup, hairspray, shoes or jewelry.

● CRAIG AND MARC KIELBURGER

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

Tweets

- ▶ @jamiemclennan: Dear 1/2 of my Twitter followers: sorry, but I'm not the former Calgary Flames goalie you think I am. But thanks for all the hockey updates.
- ▶ @perspectiveye: I'd take the mosquitoes over this brutal wind any day. #yycc
- ▶ @MorganMelnik: Hello sunshine again, guess I better get my run on now before it changes again #acidtripweather #yycc #AlbertaWeather
- ▶ @Ubermoog: Back in Calgary. I think that may be the last Banff Canada Day weekend I attend, or at least the last time up the gondola on a long weekend.
- ▶ @kevinchiu: They have ice cream in the Air Canada lounge in Calgary!
- ▶ @JaniaBanns: We're randomly planking at the Calgary zoo. But in plankable places only.
- ▶ @tatanak: Driving on 14th and stopping at EVERY light is the opposite of efficiency. Synch the lights. #yycc #yyccc
- ▶ @jenluddek: #yycc why must you be so small? And why does everyone I meet know someone I know? Ahhhh.
- ▶ @LisaMcRitchie: Only #yycc would have the deerfoot down to one lane, then close the alt road completely.

Cartoon by Michael de Adder



WEIRD NEWS

Baboon wasn't amused with this park

A wayward baboon that apparently escaped from an amusement park and became a mini-celebrity — appearing at a golf course and being followed on Twitter — was captured Saturday after spending three days on the lam.

The animal appeared to be unharmed when it was found and tranquilized at a farm in southern New Jersey. The farm isn't far from Six Flags Great Adventure's Monkey Jun-

gle in Jackson Township, which has about 150 baboons that are part of a drive-thru safari.

Park officials confirmed the capture and said they believed the animal was theirs. But they won't know for sure until it's assessed and they can see if it has a microchip that's embedded in all their baboons.

Numerous online followers tracked the baboon's travels after it initially was spotted Thursday. Many posted on a tongue-in-cheek Twitter account created by a person posing as the baboon.

Officials had said the baboon didn't pose a threat to residents but as a precaution warned them not to approach it if they encountered it.

THE ASSOCIATED PRESS

2
scene

Patience makes the Soundgarden grow

► Chris Cornell on getting the band back together — and making sure it doesn't fall apart again



PAT HEALY
SCENE@METRONews.ca

Chris Cornell has a very practical approach to Soundgarden these days. He does what he does because he and his band like it, not because a record company says they have to.

You've been doing a lot of solo touring. How different is the mindset for doing that from the mindset you have to have for these Soundgarden shows?

Lately I've been doing what I call the Songbook tour, which is pretty much just me and an acoustic guitar, so it's about as opposite as you can get. ... The only way to get any further

"We're just as adventurous as we've always been, so there are song arrangements and styles that are different than anything we've ever done, but no matter what, we would be doing that."

CHRIS CORNELL ON SOUNDGARDEN

away is if it was just me and a puppet. Then it would be a completely different genre of entertainment. And in that way, you don't really have to strive for balance. One kind of takes care of the other.

After touring around for a month and a half, doing that [acoustic tour], I was really looking forward to getting in the studio with Soundgarden and playing loud, aggressive rock music and then after doing that for a while it will feel great to just sit alone and play an acoustic guitar, so in that way I think I'm pretty fortunate to be able to have such dramatic extremes happening.

On these new dates are you guys doing any of the new stuff you've been recording?

I'm not sure if we will do that now mainly because we haven't toured in 12 years or whatever it's been. It's hard to actually come up with a set list that's inclusive of all the stuff that we would play even if we weren't working on new material. We felt like we haven't played in so long, haven't toured and haven't played in front of these different people in so long.

How are we going to really make everyone happy? We don't want people to show up and be like "It was great, but they didn't play this or that." So to throw in new material, we don't know if it's something we want to do right now.

From the new songs, is there anything you're really psyched about that's almost ready to go, that you would love to play?

The whole album is close enough that I kind of get a sense of the overall feeling of it and I'm pretty happy with that. It's pretty great. It's very different. But then again, they all were, so it's not like we completely changed. Musically, at some point, I think we were always kind of doing that. And there's always familiar elements going on but it's also new.

Is there any feeling of proceeding with caution as far as hoping you don't get involved in any of the pitfalls that caused the tension that led to the breakup?

Well, I think the main one is avoiding concerns about scheduling. I suppose there was always a factor of record companies worrying



► Chris Cornell, fresh off a solo tour, says he is looking forward to the release that playing aggressive music with his old band will give him.

about competition, other record labels and what they're releasing by what bands that would be in direct competition with our band. And that's concerned with a lot of different things — with touring, with radio airplay, with TV airplay and all the things

that go along with it. And we're not really in that position anymore. We're just Soundgarden and we're just in that stage of being a band that there isn't really competition. There isn't really another band that can rush in and take our place if we're not ready.

Box office



Distributor Paramount Pictures said yesterday that Transformers: Dark of the Moon took in \$97.4 million domestically in its first weekend. But the domestic haul for the sci-fi sequel was down from the \$127.9 million first weekend for 2009's Transformers: Revenge of the Fallen.

THE ASSOCIATED PRESS



Is J.J. Abrams a Luddite? Technology is not our friend, Super 8 says. Scan this code.



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Action star takes on transformation

► LaBeouf calls it quits on Transformers role after third installment ► Actor says he has nothing new to bring to the popular action franchise, which was inspired by '80s comic book created by Marvel Comics

Shia LaBeouf's days of battling the Decepticons look to be over, with the Transformers star saying he has nothing more to offer after three films playing kid-next-door Sam Witwicky.

The 26-year-old American actor said he was through with the action-packed franchise.

"I'm done," he told The Associated Press at the recent opening of Transformers: Dark of the Moon at the Moscow International Film Festival.

"I'm sure they will make more of them. It's still a very hot franchise."

He added "I love making them (the movies). I love the crew. I love Michael (Bay). I love the cast. I love Sam ... but I don't have anything new

to contribute and I don't think there's anywhere to take Sam really."

LaBeouf's nerdy character helped one alien race of robots, the Transformers, overpower another race, the evil Decepticons, with Earth as the battleground.

Directed by Michael Bay, Transformers 3 also stars Patrick Dempsey, Frances McDormand, John Malkovich and Victoria's Secret model Rosie Huntington-Whitely.

Paramount Pictures said the movie earned \$37.3 million Wednesday in the U.S. on its first day — a 40 per cent drop from its predecessor, Revenge of the Fallen.

LaBeouf explained Witwicky's role in the latest movie.

"Nobody really cares about Sam anymore," he said.

"He has no purpose. He saved the world twice and has sort of been thrown to the side.

This is a dude who used to validate himself on his involvement with these robots, (but) these robots no longer need him," he said in the AP interview.

"This is like the most broken Sam's ever been in the three movies ... and he sort of builds himself up through the course of the film."

In addition to the Transformers series, the talented actor also starred in the 2010 film Wall Street: Money Never Sleeps, as well as Eagle Eye in 2008 and Disturbia in 2007. **THE ASSOCIATED PRESS.**



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Wood creates 'total madness'

- ▶ Actor's new show based on hit comedy in Australia
- ▶ 2.6 million viewers watched premiere on June 23

Elijah Wood's latest acting gig is ridiculous, and he's OK with that.

The actor stars in the new FX show *Wilfred*, playing a depressed guy named Ryan who is on the verge of suicide. He finds a new zest for life while hanging out with his neighbour's dog Wilfred, except this dog is quite different.

As Ryan sees it, Wilfred is a talking man in a dog suit who also smokes cigarettes.

"There were days where there would just be absurd situations that my character and Wilfred would get into and you'd step out of that and think 'what are we

doing? What total madness are we creating?" Wood said.

"And there was a gleefulness associated with it like wow, this is really bizarre and wonderful and it was a joy. So much fun."

Wood says over the course of the season the character of a stuffed bear that Wilfred is drawn to will be developed.

"There's an interesting parallel because Ryan is the only one to see Wilfred as a man in a dog suit and Wilfred refers to this bear as having its own personality as well, but we never see bear move or talk. It's very weird."

VICTORIA WILL/THE ASSOCIATED PRESS



▶ Elijah Wood

Wilfred airs Thursdays at 10 p.m. on FX.

THE ASSOCIATED PRESS



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Kate gives Canadian designer regal replay

► Duchess of Cambridge gives homegrown talent second nod on tour
► She first wore ensemble by designer on day one of royal Canadian visit

It was a regal repeat for Kate as she opted to wear a dress from Canadian designer Erdem for the second time during the royal tour.

The Duchess of Cambridge appeared at a prayer service in Quebec City on Sunday wearing a navy lace Jacquenta dress from Erdem Moralioglu, who is a native of the province.

A model is seen wearing the dress in a photo on the Erdem website categorized under the pre-fall 2011 collection.

The Montreal-born, London-based Moralioglu behind the Erdem label created another lacy frock worn by Kate on the first day of her first official visit abroad.

Kate stepped off of a Canadian Forces jet Thursday in Ottawa donning an elbow-length, dark-coloured Erdem dress.

She wore the dress to attend a wreath-laying ceremony with Prince William at the National War Memorial in the heart of the city's downtown core.



► Prince William, Duke of Cambridge and Catherine, Duchess of Cambridge, attend a Freedom of the City Ceremony outside City Hall yesterday in Quebec.

That was followed by a walkabout among the thousands of people lin-

ing the memorial square. The pair then made their way to an official wel-

come ceremony at Rideau Hall.

THE CANADIAN PRESS

Swimming in bling made for a princess

At her royal wedding, Britain's Kate Middleton donned an heirloom tiara charged with historical significance. Princess Charlene of Monaco opted for something much more personal, choosing a bold, asymmetrical creation in diamond and white gold that symbolizes the one-time Olympic swimmer's love for the sea.

Made by French-German jeweler Lorenz Baumer, the "Diamond Foam" tiara in white gold and nearly 60 karats worth of diamonds evokes the spray thrown off a crashing wave. Thin strips of precision-cut diamonds arch up from behind the

left ear and fan out in an almost punk-ish explosion at the temple. Large round cut diamonds, the largest weighing 8 karats, punctuate the ends of the sparkling arcs.

"Princess Charlene is a swimmer and Monaco is this little contort on the Mediterranean, so the reference to the sea was something very personal for her and at the same time a symbol of the Monegasque people," Baumer told The Associated Press.

The princess wore the headpiece to the lavish multi-course gala dinner that capped the two-day-long festivities around Charlene's long-awaited marriage to Monaco's ruling prince, Albert II, the palace said Sunday.

Baumer submitted three sketches. The designer declined to give the price of the tiara, but hinted at a consequent sum.

THE ASSOCIATED PRESS



► Prince Albert II of Monaco and Princess Charlene of Monaco depart the Monaco palace after their religious wedding ceremony on Saturday.

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Online support groups, blogging help parents deal with miscarriage, stillbirth.

Dinner&dessert

► The authors of two different cookbooks, *Time for Dinner* and *The Sneaky Chef*, provide a meal that's healthy for you and your children ► There are hidden veggies in those cookies

You may have already discovered how cedar planks on the grill keep salmon moist and imbue it with rich, smoky flavour. But if you don't own a grill, why not try it in the oven?

Preparation:

- 1 Soak the cedar plank in water for 4 hours; place it on a rimmed baking sheet lined with foil.
- 2 Preheat oven to 500° F.
- 3 In a bowl, combine the syrup, mustard, soy sauce, and lime juice. Put the fish in this mixture to marinate while you cook the rice.
- 4 In a saucepan, bring the broth and coconut milk

Ingredients:

- 1 cedar plank (for cooking)
- 1/3 cup maple syrup
- 1 teaspoon Dijon mustard
- ½ teaspoon soy sauce
- juice of 1 large lime
- 1 ½ pounds salmon fillet
- 2 cups chicken broth
- 1 13.5-ounce can light coconut milk
- 2 cups uncooked jasmine rice
- salt

to a boil.

- 5 Stir in the rice, reduce heat to low, cover, and simmer for 20 minutes.

- 6 Place the fish on the plank skin-side down, sprinkle it with the salt,

Dinner. Maple-glazed plank salmon with coconut rice



► From *Time for Dinner* by Pilar Guzmán, Jenny Rosenstrach and Alanna Stang.

4 portions
Prep time:
20 min.
Total time:
4 hr 30 min

and bake for 12 to 15 minutes, until it flakes easily but is not dry.

- 7 Transfer marinade to saucepan and heat over low-medium heat until

slightly reduced, about 3 minutes. Drizzle over the fish before serving.

Dessert. Unbelievable Chocolate Chip Cookies

Preparation:

- 1 Preheat oven to 375 degrees. Remove butter from fridge to let soften.
- 2 In bowl, whisk flour. Blend, baking soda, salt, ground oats, ground almonds. Set aside.
- 3 In the bowl of mixer, beat butter and both sugars until creamy. Beat in egg, vanilla, and White Bean Puree. Add dry ingredients. Make two-bite cookies by

dropping rounded half tea spoonfuls, spaced 2 inches apart,

White Puree

- 2 cups cauliflower florets
- 2 zucchini, peeled and roughly chopped
- 1 teaspoon lemon juice
- 3–4 tablespoons water, if necessary
- Steam cauliflower in steamer over 2 inches of water, using a tightly-covered pot, about 10 mins.

onto nonstick baking sheets. Bake for 12 to 14 minutes or until golden brown. Let cool on a metal rack.

Ingredients:

- 1 cup Flour Blend
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup rolled oats, finely ground in a food processor
- 2 tablespoons blanched, slivered almonds, finely ground in a food processor

- 8 tablespoons unsalted butter
- 1/4 cup sugar
- 1/4 cup brown sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1/4 cup White Bean Puree
- 1/2 cup semi-sweet chocolate chips

The Flour Blend

- 1 cup all-purpose, unbleached white flour
- 1 cup whole wheat flour
- 1 cup wheat germ,

unsweetened

- Combine flours and wheat germ in a bowl. It can be stored in a sealed, labelled plastic bag for months.

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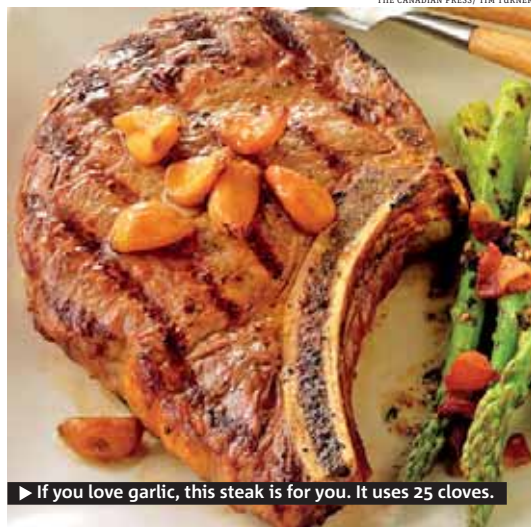
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THE CANADIAN PRESS/TIM TURNER

► If you love garlic, this steak is for you. It uses 25 cloves.

Preparation:

1 In saucepan over low heat, combine garlic and red pepper flakes

with 125 ml (1/2 cup) to 250 ml (1 cup) of oil, making sure you have enough oil to cover gar-

lic cloves. Cook at a low simmer until garlic starts to brown, about 20 minutes. Remove pan from heat and let garlic cool in oil. Set aside.

2 Pour 50 ml (1/4 cup) of garlic oil onto sheet pan. Dredge steaks through oil, coating both sides. Season evenly with salt and pepper. Let steaks stand at room temperature for 30 minutes before grilling.

3 Prepare grill for direct cooking over high (230 to 290 C/450 to 550 F).

4 Brush cooking grates clean. Grill steaks over direct high heat, with lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium

Ingredients:

- 25 garlic cloves, peeled, plus extra for garnish
- 0.5 ml (1/8 tsp) crushed red pepper flakes
- 125 ml to 250 ml (1/2 cup to 1 cup) extra-virgin olive oil
- 4 bone-in steaks (each 280 to 350 g/10 to 12 oz and 2.5 cm/1 inch thick), trimmed of excess fat
- Sea salt and ground black pepper, to taste

rare. Turn once or twice. Remove from grill and let rest for 5 minutes.

5 Serve steaks topped with sprinkling of salt and garlic. Spoon garlic oil over the steaks. **THE ASSOCIATED PRESS/WEBER'S ON THE GRILL: STEAKS & SIDES BY JAMIE PURVANCE**

Grilled Baked Potatoes



Ingredients:

- 6 large russet potatoes
- Olive oil
- Kosher salt
- Ground black pepper

drizzle with olive oil and sprinkle with salt and pepper. Roll potatoes to coat, then wrap.

3 Reduce one side of grill to medium. If using charcoal grill, bank most coals to one side. Arrange potatoes on cooler side. Cook 40 minutes or until cooked.

Preparation:

1 Heat a grill to high.

2 Wash and pat dry each potato. Use fork to pierce each potato several times. Tear 6 sheets of foil, then use the fork to pierce each one several times. Place potato on each piece of foil;

Topping Suggestions: Baked beans, grated cheese, sour cream, crumbled bacon, diced tomatoes, diced onion.

THE ASSOCIATED PRESS

Strange but tasty summer soup

Gazpacho, the tomato-based chilled soup, can be one of the most refreshing uses of summer produce.

Sometimes chopped, sometimes puréed, sometimes cooked, sometimes completely raw, gazpacho can be made a few ways.

We opted for another red icon of summer for our base — watermelon. Going with a half chopped, half pureed, completely raw version, we created a super light dish.

Preparation:

1 In a blender, puree watermelon until smooth.

2 In bowl, combine watermelon puree, cucumber, cantaloupe, salt, lemon juice and tarragon. Refrigerate until chilled.

3 Meanwhile, in a small bowl, combine creme fraiche, basil and mint. Serve soup topped with herbed creme fraiche.

THE ASSOCIATED PRESS



MATTHEW MEAD/ THE ASSOCIATED PRESS

► This recipe makes six servings.

Ingredients:

- 1 l (4 cups) watermelon chunks, seeded
- 250 ml (1 cup) peeled, seeded cucumber, finely diced
- 250 ml (1 cup) peeled, seeded cantaloupe, finely

- diced
- 2 ml (1/2 tsp) salt
- Juice of 1 lemon
- 15 ml (1 tbsp) fresh tarragon, minced
- 125 ml (1/2 cup) creme fraiche
- 15 ml (1 tbsp) each fresh basil and mint, minced



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foraging area does, too.

This means honey has to come from areas where there is no human activity.

But organic certification bodies consult with landowners within a five-kilometer radius of the hives, and regularly test honey samples to guarantee they don't contain any pesticide residues or environmental pollutants. Organic hives cannot use non-organic honey, sugar, or antibiotics.



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▶ The WWF-Canada website will soon have tools online for any size office to implement environmental changes in their workplace.

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A year ago, WWF-Canada launched its Living Planet @ Work program, helping some of Canada's largest companies take firm, decisive action to become gentler on the planet. Each corporation paid in, and the program was based in Ontario.

A year later, the program is being hugely expanded. Starting very

soon, any size company anywhere in Canada can take part. And the best news of all? It's free.

"It's all customized tools and activities and support programs for our corporate partners to educate and inspire their employees for sustainability initiatives," says Hadley Archer, WWF-Canada's VP of strategic partnerships and fundraising.

"Often, these companies already know all this stuff. What they struggle with is how to meaningfully engage their employees."

Alicia Nixon is the environmental lead for Accenture Canada, one of this nation's top management consulting, technology

services and outsourcing firms. She says the program has benefited the company in multiple ways.

"We've incorporated all 11 of our offices across Canada into this program," she says. "It's becoming more and more important to incoming employees to be part of a company that is a responsible corporate citizen. These types of initiatives are very well received by the employees."

"There's a series of things that are common for most companies that we help them develop," Archer adds.

"This is to get people in an office environment educated and inspired — everything from paper use

to lighting to how companies can meet in a more environmentally responsible way. And also how to tap into some of our campaigns — like Earth Hour and the Great Canadian Shoreline Cleanup."

And coming this fall, the doors will be open to any Canadian company that wants to take part.

"In partnership with Hewlett-Packard, we are launching a new second tier that will be free, aimed really at small and medium-sized businesses, to provide them a whole suite of online tools to support their initiatives," Archer explains.

"We're hoping to get upwards of 500 companies to join."

Educational environment

▶ WWF-Canada expanding their current Living Planet @ Work program



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How to work when home is the office

► Folks say it's lonely at the top ► But often it's even lonelier when you work from home for your own company



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Keeping a sense of perspective as you run a business out of a spare bedroom can be a job unto itself, small business advisors say. With no boss keeping tabs on the company math, it's all too easy, says John Jantsch, author of *Duct Tape Marketing*, to allow yourself the leisurely lunch breaks and hammock days that can sink your entrepreneurship.

"It's eye opening to people when they learn how much an hour costs," he said.

"If you want to make \$100,000 a year working 40



► It's easier to abandon your post, when your post is next door to your bed.

hour weeks, the entire time you have to be doing work worth \$50 an hour."

Which is why, he advises, you have to obey your to-do list religiously. Tack a project list to your wall to

make sure you're chasing the big goals, he adds.

"You need to constantly have that discipline to focus on the pay-off work," Jantsch warns. "Reading a magazine or cleaning the

office probably isn't worth \$100 an hour."

Leaving the office, however, could be the most profitable thing you do all day.

"For people just starting

off, the highest pay-off work you can do is get out of the office," Jantsch says. "Go network, and start meeting people."

Assemble a Board of Advisors.

Every business, no matter how miniscule, needs a set of advisors, says Jim Blasingame, author of *Small Business Is Like a Bunch of Bananas*.

"The dream is that you have lunch once a month with your attorney, your insurance agent, your accountant, your consultant, and you all sit around the table and talk," he says.

It almost never happens, he adds. For a one-businessperson show, you'd do

better to start with a single consultant paid for keeping an eye on the company's bottom line.

"It doesn't need to be a friend," he stresses. "It needs to be someone you're paying for absolute brutal, brutal bloodletting, gut-wrenching, eviscerating candor."

Meet with Customers

There's one sort of advice you can seek that's free, plus it's always right: the customer's.

"About once a quarter, bring five or six of your customers for lunch," Jantsch suggests. "Not only will you get out of the house, you'll create a networking opportunity."

When traditions are taken way too far

► From playful initiation to violent hazing ► Where do we draw the line for our new high school students?

For some, an initiation to high school is viewed as a rite of passage, usually involving some kind of embarrassing activity. Picture teenage boys in bunny costumes. But for others, it's become a cruel, sometimes violent, hazing.

Lucas Jansen, who starts high school in the fall, isn't too worried.

"I heard about the rainbow unicorn sticker thing," he said with a laugh.

"I think that if it's just stuff like that then it would be fine. It's doing little practical jokes, (those) things would be OK. If that's how freshie-ing was, then I think we wouldn't have to deal with all of this trouble, but I think people are just taking it way too far sometimes."

Earlier this month, two high school students in Lethbridge, Alta., pleaded guilty to hitting younger students with a goalie stick and skateboard as part of an initiation ritual last summer. Court heard both accused had been subjected to similar initiations when they started high school, but that didn't go over well



► The first day of high school should be an exciting one, not a day to be afraid of.

"I think people are just taking it way too far sometimes."

LUCAS JANSEN, SOON-TO-BE
NINTH GRADER

with the judge who said they ought to know it's wrong.

The two boys were handed conditional discharges.

In Regina, two Grade 8 boys suffered what one lawyer described as a "horrific" beating by four high school boys.

The younger boys were heading back to their elementary school after lunch one day in June 2010, when they passed a high school and were beckoned by the

older boys. The younger boys were taken behind a hockey arena where they were paddled with a skateboard and fence posts.

Lawyer James Rybchuk said paddling as a form of initiation has been around since the 1950s.

The practice seemed to fade for a while, he said, before making a violent resurgence.

"Where do you draw the line on typical frosh activities? It can't be anything that results in psychological or physical injury or damage to the children and that's clearly the case here. They suffered psychologically, emotionally... and the physical injuries in and of

themselves were well documented."

However, Rybchuk acknowledged there can still be a place for such activities, if it's done appropriately.

"It's not an offence to ap-

ply force or to touch somebody if they're consenting to it," he said.

"So if it's clear the Grade 9s are participating in this voluntarily, willing and they consent to the activity - especially beforehand -

then that's fine. It's when they don't, it's when they're not agreeable to the demeaning, humiliating, psychologically damaging or physically damaging behaviour that you get into trouble." THE CANADIAN PRESS

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Take a look at him now, skeptics!

Once pegged as a poor business planner, Mike Riehm did a workplace 180 and showed his critics who's boss

TURNING POINT

TERESA KRUIZE
LIFE@METRONews.ca



For 11 months the CBC TV crew followed Mike Riehm

as he worked to build his business called EnviroBOND.

With his family and friends gathered to watch the debut, a hush filled the room as the host faced the camera and said, "Have you ever wanted to start your own business? Here is an example of what NOT to do. Meet Mike Riehm."

Portrayed as a hard worker with a good product, the program slammed him for not having a sound business plan. Mike was devastated.

His girlfriend left him. "I stared at a wall and cried for three days," Riehm says. "When you're going down like that you have two choices: sink or swim."

Today, 10 years later, Mike Riehm has learned some tough lessons, but the EnviroBOND products of sand, stone and organic paving materials are now being sold by 150 dealers across North America and are in seven countries around the world.

He recently bought a beautiful new home, upgraded his business facility and got engaged to an amazing real estate agent.



► Mike Riehm, president and CEO of EnviroBOND.

Hey CBC, looking for a business is run? Meet Mike Riehm. story on how a successful

Riehm's Notes

Riehm on surviving a tough startup.

- Confront the bull by the horns — strive to learn the things that you are afraid to know.
- Build a flat workplace where it is OK to tell someone (even the boss) how they can improve their role.
- If you chose not to decide, you still have made a choice. Sitting on the fence is still a choice.
- You don't know what you don't know. Be aware of your own ignorance.

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GOAL/OBJECTIVE

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PROGRAM LENGTH

28 Weeks, full-time

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- Landed immigrants, less than 10 years in Canada
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- Unemployed or unable to find employment in the electrical trade

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- Canadian Electrical Code
- Programmable Logic Controller (PLC I & II)
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- Hands-On Training
- Work Experience at various companies

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July 27th, August 10th and August 23rd, 2011, 9:30am - 1:00pm

5th Floor, 1111 - 11th Ave SW

Selection process will begin after each Information Session.

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CONTACT

Brian Frank

Program Coordinator

D 403.290.51127 E ele@ccis-calgary.ab.ca



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Wild deal Havlat for Heatley

The San Jose Sharks have traded forward Dany Heatley to the Minnesota Wild for forward Martin Havlat.

The trade yesterday is the second major deal this off-season between the two teams. San Jose acquired all-star defenceman Brent Burns from Minnesota late last month for a package headlined by Devin Setoguchi.

Havlat had 22 goals and 40 assists in 78 games last season. He has 209 goals and 303 assists in a 10-year career with Minnesota, Chicago and Ottawa.

The Sharks acquired Heatley from Ottawa two years ago, hoping he would be the piece that lifted them to the Stanley Cup. He had 39 goals his first season but only 26 last year.

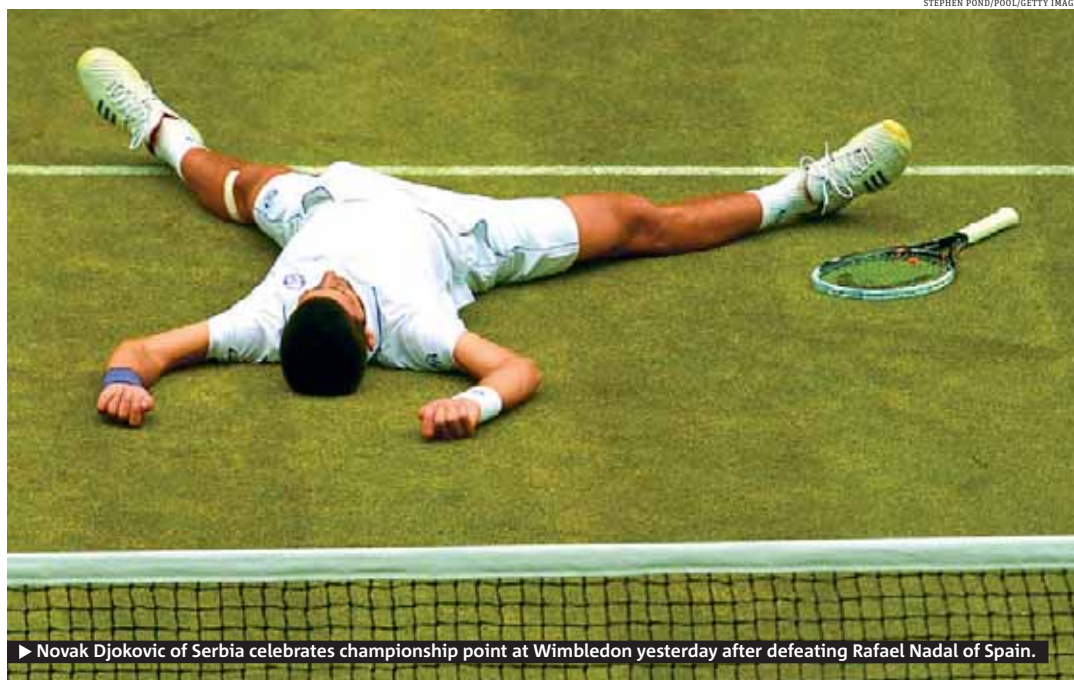
"When players that we have targeted become available, you need to be able to react quickly and you also have to pay a price in order to acquire them," Sharks general manager Doug Wilson said in a release. "When we made the Brent Burns trade, we knew we still needed to address our speed up front and we think the acquisition of Marty does that."

THE CANADIAN PRESS

Leafs trade

► The Toronto Maple Leafs acquired forward Matthew Lombardi and defenceman Cody Franson from the Nashville Predators yesterday.

► In return, Toronto sent the Predators defenceman Brett Lebda and forward Robert Slaney.



► Novak Djokovic of Serbia celebrates championship point at Wimbledon yesterday after defeating Rafael Nadal of Spain.

Djokovic seals spot atop new tennis order

► World's new No. 1 wins first Wimbledon in four sets (6-4, 6-1, 1-6, 6-3)
► Serb 5-0 against Nadal in 2011 ► Gets first Grand Slam win over Spaniard

Until yesterday, Novak Djokovic never managed to win a grass-court tournament of any sort, let alone Wimbledon.

Until this marvellous — and nearly perfect — year, Djokovic was very good. Now he's great.

After outrunning, outswinging and, for stretches, dominating defending champion Rafael Nadal for his third major championship overall, Djokovic crouched on Centre Court, reached down, plucked some blades of grass and shoved them in his mouth.

"I felt like an animal. I wanted to see how it tastes.

It tastes good," Djokovic said later, his eyes wide and his smile contagious. "It came spontaneously, really. I didn't plan to do it. I didn't know what to do for my excitement and joy."

Putting together one of the best seasons by any athlete in any sport in recent memory, Djokovic claimed major trophies from the Australian Open and Wimbledon. Today, he will rise from No. 2 to No. 1 in the ATP rankings, overtaking Nadal, a switch guaranteed by virtue of Djokovic's win in the semifinals Friday.

"I want to win more Grand Slams," said Djokovic, the first man

Women's final

Petra Kvitova won her first Grand Slam title Saturday by beating Maria Sharapova 6-3, 6-4 in the Women's final at Wimbledon.

since Andre Agassi in 1992 to win his first grass title at Wimbledon. "I will not definitely stop here, even though I have achieved (the) two biggest things in my life in three days."

Which, perhaps, is why he engaged in such a lengthy and original celebration, even tossing several rackets into the stands, the sort of crowd-pleasing

gesture for which Djokovic has long been known.

Indeed, early in his career, Djokovic stood out less for his shot-making than for his showmanship — check out his spot-on impersonations of other pros, including Nadal, on YouTube — and a hard-to-explain propensity for losing, or even quitting, during late-round matches at majors.

For years, Roger Federer and Nadal ruled tennis. One or the other was No. 1 every week since February 2004. One or the other won 22 of the last 26 Grand Slam tournaments, including Nadal's 10 titles. THE ASSOCIATED PRESS

4
sports

Quoted



"I'm the captain of this ship and something like that cannot happen. That falls on me. I should have trusted my instincts with what I felt it was, but I didn't and that's my fault."

SEATTLE MANAGER ERIC WEDGE APOLOGIZED TO HIS TEAM YESTERDAY FOR NOT ARGUING ON SATURDAY NIGHT WHEN THE SAN DIEGO PADRES' CAMERON MAYBIN WAS AWARDED A WALK ON ONLY THE THIRD BALL OF HIS AT-BAT. THE SCOREBOARD DISPLAYED AN INCORRECT COUNT AND THE UMPIRE ALSO WHIFFED ON THE CALL.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION					
	W	L	Pct	GB	
New York	50	32	.610	—	
Boston	49	34	.590	1½	
Tampa Bay	47	37	.560	4	
Toronto	41	44	.482	10½	
Baltimore	36	45	.444	13½	

CENTRAL DIVISION					
	W	L	Pct	GB	
Cleveland	44	38	.537	—	
Detroit	45	40	.529	½	
Chicago	42	43	.494	3½	
Minnesota	36	46	.439	8	
Kansas City	34	50	.405	11	

WEST DIVISION					
	W	L	Pct	GB	
Los Angeles	44	41	.518	—	
Texas	44	41	.518	—	
Seattle	41	43	.488	2½	
Oakland	38	47	.447	6	

INTERLEAGUE

Yesterday's results
Detroit 6 San Francisco 3
Toronto 7 Philadelphia 4
Cincinnati 7 Cleveland 5
N.Y. Mets 3 N.Y. Yankees 2 (10 ins)
Baltimore 5 Atlanta 4
Tampa Bay 8 St. Louis 3
Boston 2 Houston 1
Minnesota 9 Milwaukee 7
Chicago Cubs 3 Chicago White Sox 1
Kansas City 16 Colorado 8
Oakland 7 Arizona 2
Seattle 3 San Diego 1
Florida 6 Texas 4
L.A. Angels 3 L.A. Dodgers 1
Saturday's results
Philadelphia 5 Toronto 3
Chicago White Sox 1 Chicago Cubs 0
Cleveland 3 Cincinnati 1
N.Y. Yankees 5 N.Y. Mets 2
Boston 10 Houston 4
San Francisco 15 Detroit 3
Atlanta 5 Baltimore 4
Milwaukee 8 Minnesota 7
Tampa Bay 5 St. Louis 1
Florida 9 Texas 5
Colorado 9 Kansas City 6
Arizona 4 Oakland 2
L.A. Angels 7 L.A. Dodgers 1
San Diego 1 Seattle 0

AMERICAN LEAGUE

Today's games
All Times Eastern
Toronto (Morrow 4-4) at Boston (Lackey 5-7), 1:35 p.m.
Tampa Bay (Price 8-6) at Minnesota (Quensing 5-7), 2:10 p.m.
Seattle (Pineda 7-5) at Oakland (McCarthy 1-4), 4:05 p.m.
N.Y. Yankees (A.J. Burnett 8-6) at Cleveland (Tomlin 9-4), 6:35 p.m.
Kansas City (Francis 3-9) at Chicago White Sox (Buehrle 6-5), 7:10 p.m.
Baltimore (Jankubauskas 2-1) at Texas (C. Lewis 7-7), 8:05 p.m.
Detroit (Furbush 1-1) at L.A. Angels (Pineiro 3-3), 9:05 p.m.
Tomorrow's games
N.Y. Yankees at Cleveland, 7:05 p.m.
Toronto at Boston, 7:10 p.m.
Baltimore at Texas, 8:05 p.m.
Kansas City at Chicago White Sox, 8:10 p.m.
Tampa Bay at Minnesota, 8:10 p.m.
Detroit at L.A. Angels, 10:05 p.m.
Seattle at Oakland, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION					
	W	L	Pct	GB	
Philadelphia	53	32	.624	—	
Atlanta	49	36	.576	4	
New York	42	42	.500	10½	
Washington	42	43	.494	11	
Florida	38	46	.452	14½	

CENTRAL DIVISION					
	W	L	Pct	GB	
Milwaukee	45	40	.529	—	
St. Louis	45	40	.529	—	
Pittsburgh	43	41	.512	1½	
Cincinnati	43	42	.506	2	
Chicago	35	50	.412	10	
Houston	29	56	.341	16	

WEST DIVISION					
	W	L	Pct	GB	
San Francisco	48	37	.565	—	
Arizona	45	40	.529	3	
Colorado	41	43	.488	6½	
San Diego	38	47	.447	10	
Los Angeles	37	48	.435	11	

Yesterday's result
Pittsburgh 10 Washington 2
Saturday's results
Pittsburgh 5-3 Washington 3-4
Today's games
All Times Eastern
Chicago Cubs (C. Coleman 2-4) at Washington (Zimmermann 5-7), 1:05 p.m.
Houston (Myers 3-7) at Pittsburgh (Maholm 4-9), 1:35 p.m.
Arizona (D. Hudson 9-5) at Milwaukee (Marcum 7-3), 4:10 p.m.
San Diego (Richard 4-9) at San Francisco (Lincecum 6-6), 5:05 p.m.
Philadelphia (Worley 3-1) at Florida (Nolasco 5-4), 6:10 p.m.
Cincinnati (Cueto 5-2) at St. Louis (C. Carpenter 3-7), 6:15 p.m.
Colorado (Jimenez 3-7) at Atlanta (Hanson 9-4), 7:10 p.m.
N.Y. Mets (Capuano 7-7) at L.A. Dodgers (R. De La Rosa 3-3), 9:10 p.m.
Tomorrow's games
Chicago Cubs at Washington, 7:05 p.m.
Houston at Pittsburgh, 7:05 p.m.
Colorado at Atlanta, 7:10 p.m.
Philadelphia at Florida, 7:10 p.m.
Cincinnati at St. Louis, 7:15 p.m.
Arizona at Milwaukee, 8:10 p.m.
N.Y. Mets at L.A. Dodgers, 10:10 p.m.
San Diego at San Francisco, 10:15 p.m.

BLUE JAYS 7, PHILLIES 4

Philadelphia	ab	r	h	bi	Toronto	ab	r	h	bi
Rollins ss	5	0	1	2	A.Hill 2b	4	0	1	1
Polanco dh	4	0	0	0	E.Thms rf	4	1	2	1
Urbley 2b	4	0	1	0	Bautist 3b	4	2	2	1
Howard 1b	4	0	1	0	Lind dh	4	1	2	0
Victorn cf	3	1	2	0	J.River lf	3	0	0	1
BFmcs lf	3	1	1	1	CPttrsn lf	0	0	0	0
Ibanez ph-if	1	0	1	0	Encnc 1b	4	1	1	2
DBrwn rf	4	1	1	0	Arencic c	4	0	0	0
Ruiz c	3	1	2	1	R.Davis cf	4	2	3	0
WValdez 3b	3	0	0	0	JMcDnl ss	4	0	0	1
Glad ph	1	0	0	0					
Totals	35	4	10	4	Totals	35	7	11	7
Philadelphia	040 000 000 4				Toronto	001 011 04x 7			
E—B.Francisco (3), W.Valdez (5), DP—Toronto 1. LOB—Philadelphia 6, Toronto 5. 2B—Victorino 2 (14), Ibanez (17), Ruiz (10), R.Davis (13). 3B—R.Davis (6). HR—E.Thames (3), Bautista (27), Encarnacion (6). SB—R.Davis 3 (21). CS—Victorino (2). SF—J.Rivera.									
Philadelphia	IP	H	R	ER	BB	SO			
Cl.Lee L-6	7 1-3	10	7	6	0	9			
Stutes	2-3	1	0	0	0	1			
Toronto									
Jo-Reyes	6	8	4	4	2	0			
Rzepczynski	11-3	1	0	0	0	2			
Dotel W-2.1	12-3	1	0	0	0	2			
Umpires—Home, Ed Hickox; First, Ed Rapuano; Second, Brian O'Nora; Third, Alfonso Marquez. T—2:26. A—26,204 (49,260).									

TENNIS

WIMBLEDON

At London

SUNDAY

MEN

Singles

Championship

Novak Djokovic (2), Serbia, def. Rafael Nadal

(1), Spain, 6-4, 6-1, 1-6, 6-3.

MIXED DOUBLES

Championship

Jurgen Melzer, Austria, and Iveta Benesova

(9), Czech Republic, def. Mahesh Bhupathi, India, and Elena Vesnina (4), Russia, 6-3, 6-2.

JUNIORS

Girls

Doubles

Championship

Eugenie Bouchard, Westmount, Que., and

Grace Min (2), U.S., def. Demi Schuurs, Netherlands, and Tang Hao Chen, China, 5-7, 6-2, 7-5.

SATURDAY

WOMEN

Singles

Championship

Petra Kvitova (8), Czech Republic, def. Maria

Sharapova (5), Russia, 6-3, 6-4.

Doubles

Sabine Lisicki, Germany, and Sam Stosur, Australia, vs. Marina Erakovic, New Zealand, and

Tamarine Tanasugarn, Thailand, 6-3, 4-6, 8-6.

Championship

Kveta Peschke, Czech Republic, and Katarina

Srebotnik (2), Slovenia, def. Sabine Lisicki, Germany, and Sam Stosur, Australia, 6-3, 6-1.

MEN

Doubles

Bob and Mike Bryan (1), U.S., def. Robert

Lindstedt, Sweden, and Horia Tecau (8), Romania, 6-3, 6-4, 7-6 (2).

CFL

CFL

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Montreal	1	1	0	0	30	26	2		
Winnipeg	1	1	0	0	24	16	2		
Toronto	1	1	0	0	23	21	2		
Hamilton	1	0	1	0	16	24	0		
WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Edmonton	1	1	0	0	42	28	2		
Saskatchewan	1	0	1	0	28	42	0		
B.C.	1	0	1	0	26	30	0		
Calgary	1	0	1	0	21	23	0		

WEEK ONE

Last night's result

Edmonton 42 Saskatchewan 28

Friday Results

Toronto 23 Calgary 21

Winnipeg 24 Hamilton 16

Thursday Result

Montreal 30 B.C. 26

WEEK TWO

All Times Eastern

Friday, July 8

Toronto at Winnipeg, 7:30 p.m.

Calgary at B.C., 10:30 p.m.

Saturday, July 9

Montreal at Saskatchewan, 4 p.m.

Hamilton at Edmonton, 7 p.m.

GOLF

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(a-denotes amateur)

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Jeff Overton, \$322,400

Adam Scott, \$322,400

Robert Allenby, \$215,450

Chris Stroud, \$215,450

Bryce Molder, \$179,800

Chris Kirk, \$179,800

Webb Simpson, \$179,800

Bo Van Pelt, \$148,800

Kevin Stadler, \$148,800

Chris DiMarco, \$124,000

Rickie Fowler, \$124,000

Kevin Streelman, \$99,200

Joe Ogilvie, \$99,200

Justin Rose, \$99,200

John Merrick, \$99,200

Spenner Levin, \$99,200

a-Patrick Cantlay

Robert Garrigus, \$72,230

Michael Putnam, \$72,230

Tray Matteson, \$72,230

Steve Marino, \$72,230

Charley Hoffman, \$51,460

George McNeill, \$51,460

Tom Gillis, \$51,460

J.J. Henry, \$51,460

Cameron Tringale, \$51,460

Chris Riley, \$41,230

Hunter Mahan, \$41,230

Andres Romero, \$41,230

Tray Merritt, \$41,230

Also

Stephen Ames, \$14,839

David Hearn, \$13,764

Mike Weir, \$12,524

63-66-66-195

65-63-70-198

65-66-68-199

67-69-64-200

66-67-67-200

65-67-68-200

69-70-62-201

65-69-67-201

Jeff Sluman, \$57,600

Joe Ozaki, \$38,700

Mike Goodes, \$38,700

Tom Lehman, \$38,700

Chip Beck, \$38,700

Jay Haas, \$38,700

John Huston, \$38,700

Joe Daley, \$27,945

R.W. Eaks, \$27,945

David Eger, \$27,945

Michael Allen, \$27,945

Also

Jim Rutledge, \$9,045

Yvan Beauchemin, \$4,356

Daniel Talbot, \$828

69-70-69-208

71-71-68-210

72-74-75-221

EUROPEAN PGA FRENCH OPEN

At Saint-Quentin-En-Yvelines, France

Par 71

Final Round

Thomas Levett

68-68-68-74-278

66-71-71-70-278

71-69-67-73-280

70-70-71-71-281

69-68-68-76-281

66-66-72-78-282

69-71-71-71-282

74-70-67-71-282

73-73-69-73-283

69-70-71-74-284

72-67-7

Crossword

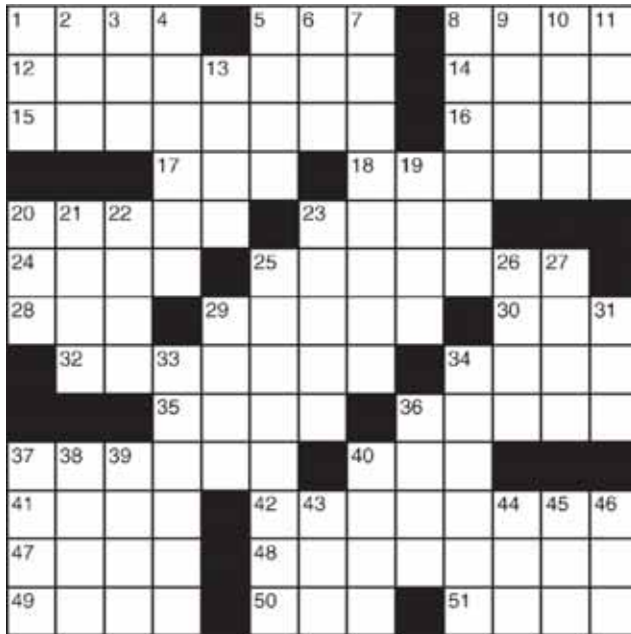
Across

- 1 Moist
5 Lingerie item
8 "The — Piper of Hamelin"
12 Outside
14 Went on horse-back
15 1972 Bill Withers hit
16 And others (Lat.)
17 Two-timer
18 Blazing
20 Garden insect
23 Roman 202
24 Newman or Lynde
25 One with an entry-level job?
28 Up to, briefly
29 Dorian Gray's creator
30 Baby's mealtime garb
32 "Greetings," in India
34 Options list
35 "Woe is me!"
36 "Psycho" surname

- 37 Lunar surface feature
40 Inmate
41 Raise
42 Pop song of 1929
47 Land measure
48 Store
49 Needy
50 Soon to arrive
51 Charitable donations

Down

- 1 Atl. state
3 Chopper
3 1959 Kingston Trio hit



- 4 Writing tool
5 Tie
6 Bulg. neighbor
7 Three digits after 1
8 Early game in a tourney
9 Greek vowel
10 Dutch cheese
11 Drop a letter?
13 Street
19 Shoot a gun
20 Suitable
21 Aspirin target
22 Hawaiian dance
23 Indianapolis team
25 Took weapons

- from
26 Help in a crime
27 Near-perfect score, maybe
29 Corduroy ridge
31 Greyhound carrier
33 Be important
34 Oft-repeated chant
36 U2 lead
37 Applaud
38 Puerto —
39 Roundish hairstyle
40 Superhero costume feature
43 Ostrich's cousin

- 44 Lubricate
45 Closemouthed
46 Type squares

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	3	9	1	7	8	2	4	6
8	6	4	9	3	2	7	5	1
2	7	1	5	6	4	3	8	9
3	9	5	4	1	7	6	2	8
7	1	2	6	8	9	5	3	4
6	4	8	2	5	3	9	1	7
1	2	3	8	9	6	4	7	5
4	5	6	7	2	1	8	9	3
9	8	7	3	4	5	1	6	2

A look at the weather

TODAY	TUESDAY	WEDNESDAY
☀ Min 11° Max 23°	💧 Min 9° Max 23°	☀ Min 13° Max 23°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

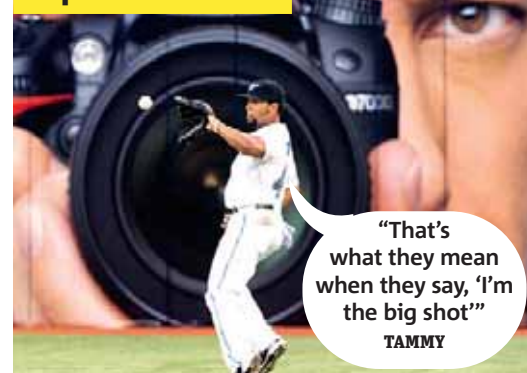
- ♈ **Aries** March 21-April 20
No matter how hard you think your life may be there is always someone worse off
♉ **Taurus** April 21-May 21
Someone you trust will give you excellent advice today
♊ **Gemini** May 22-June 21
If you have put in the hours and made an extra special effort then you can expect some kind of reward today
♋ **Cancer** June 22-July 22
There is no point beating yourself up emotionally and mentally because

- you made a mistake
♌ **Leo** July 23-Aug. 23
Something you value will be taken from you today
♍ **Virgo** Aug. 24-Sept. 22
Even if you are convinced that you're in the right accept some of the blame.
♎ **Libra** Sept. 23-Oct. 23
Spread your workload around as much as you can today.
♏ **Scorpio** Oct. 24-Nov. 22
The harder you have worked in recent weeks the bigger the payoff will be over the next few days.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

- ♐ **Sagittarius** Nov. 23-Dec. 21
Don't be too generous when it comes to dividing the spoils.
♑ **Capricorn** Dec. 22-Jan. 20
Relationships may be serious things but it pays to be light-hearted
♒ **Aquarius** Jan. 21-Feb. 18
If you have been wasteful with money of late you need to get serious
♓ **Pisces** Feb. 19-March 20.
Don't ignore the needs of others or trample on their dreams.
● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

LOVE TO PLAY?

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metro
play

Available on the App Store



Can I still buy a new townhome in McKenzie Towne?

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mosaicmirage.com

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